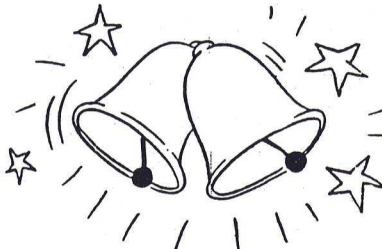


VOICE OF THE RESIDENTS

VOL. XVII, NO. 5

BROADMEAD, COCKEYSVILLE, MD

JANUARY, 1996

Happy  New Year!



Quote of the Month

Concept suggested by Emilee McArthur

A MESSAGE FOR EVERYONE

(from Paula Balser)

Once upon a time there were four people named *Everybody*, *Somebody*, *Nobody*, and *Anybody*. When there was an important job to be done, *Everybody* was sure that *Somebody* would do it. *Anybody* could have done it but *Nobody* did it.

When *Nobody* did it, *Everybody* got angry because it was *Everybody's* job. *Everybody* thought *Somebody* would do it, but *Nobody* realized that *Nobody* would do it.

So it ended up that *Everybody* blamed *Somebody* when *Nobody* did what *Anybody* could have done in the first place. There is a message here for *Everybody*. I hope *Nobody* misses it.

--Hilda Carlinger, Miami Beach

MAXIMS for 1996

Do not let yesterday or tomorrow spoil today.
Today is the tomorrow you worried about yesterday,
so quit worrying.

Whenever you think you are too old to do
something, do it right away.

Live on a twenty-four-hour day philosophy. Do
your level best each day, then go to sleep
and begin again next day.

Above all, do not waste time, thought, or energy in
regretting what you should or should not
have done. Erase from your mind what
cannot be changed and deal with what can.

--Arthur L. Strasser

Broadmead Welcomes . . .

by Betsy Griffin

JOSEPHINE (Thurston) FLACCUS

K-3 771-8922 November 1995

Josephine was born in Cambridge, England, and earned a degree from the University College in London. During World War II, she served in the British Navy as a WREN and participated in the super-secret occupation of decoding wartime messages. After the war, she entered the Ministry of Education developing Fulbright Scholarships, which brought her to Washington where she met and married Kimball Flaccus, a poet and noted biographer. Marriage, however, forced her retirement from the Foreign Service and she took a job with the British Travel Association in New York where she advised students who wished to travel in the U.K. After she and her husband parted, she was asked to edit and revise the tax information guides for Price Waterhouse (the company that prepares "the envelope" opened at the Academy Award Ceremony, among other tasks). Josephine helped to produce new and more consistent guides for 70 countries from Australia to Zimbabwe and three separate annuals covering some 90-odd countries dealing with taxes and foreign exchange.

When she finally retired, she moved to Provence, in the south of France, where she lived happily tending flowers until Broadmead called. She is naturally interested in international affairs and enjoys gardening, walking, birds, and aquatic exercise. Her stepson, an antique dealer in Putney, Vermont, specializes in rare books.

DOROTHY (Bullock) MOORE

R-3 329-1987 December 1995

Mimi (her preferred name) is a Philadelphia native whose formal education ended when her brother contracted polio and she became his companion, performing tasks as needed which he was unable to handle. This developed in her the strong sense of responsibility which she has exhibited throughout her life as a professional volunteer, including leadership roles in the League of Women Voters.

Mimi has a daughter who is a free-lance film producer living in Montana; sadly, she lost

another daughter in an auto accident. Her husband, Robert, passed away recently. He was known internationally as a banker and founding member of the Society for Worldwide Interbank Financial Telecommunication. In 1989, he and Mimi made a documentary film about competitive chess, *American Gambit*, which won a Golden Eagle Award and has been shown in six countries. They were founding members of the Princeton Children's Chess Foundation, educating elementary and junior-high students to the joys of competitive chess. The group grew to 300, is rated third and fourth in the nation. From their farm in New Hope, Pa., they worked to preserve open space in Montana and as friends of the local library. Mimi was co-chair of a White House Conference on Aging, and of the League of Women Voters' "Participation in Democracy" in Eastern Europe. She likes libraries, birds, and program planning.

Apartment Changes

Lillian Hart

from N-9 to T-307

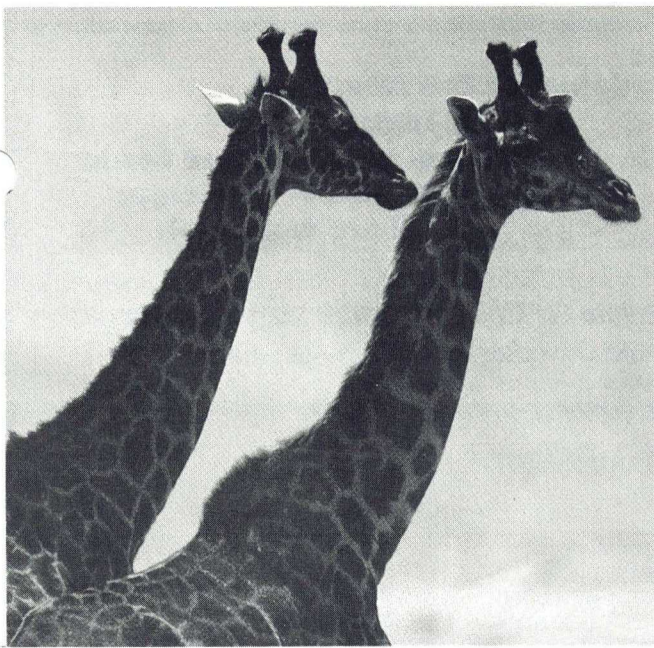
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THE BROADMEAD TATTLER

(A Conversation Piece)

V

1. Which Residents, as children, played in and around Holly House with school friends who lived there?
2. Which Resident recently drove a trolley full of visitors around the track at the Baltimore Streetcar Museum?
3. Which Resident was born in
England? Cuba? American Samoa?
4. Name two Residents who were employed by the same Baltimore company before retiring.
5. Which two Residents communicate with each other by FAX?
6. Which Resident couple recently gave a large selection of American silhouettes to the Abby Aldrich Rockefeller Museum in Williamsburg, Virginia, where it will be on permanent rotating display in a dedicated alcove?



Let me put it to you this way:



THURSDAY OPEN FORUM 10:30 A.M.
by Melchijah Spragins

1/18 Speaker: Frederick Strieder, Ph.D. in social work, Johns Hopkins's Kennedy-Krieger Institute
Subject: "The Dysfunctional Family"

1/25 Review and discussion.



SATURDAY PROGRAM OFFERINGS
by Dee Whiteford, Chairman
Charles Hobelmann, Co-chairman
General Program Committee

Saturday, January 6 - 7:15 p.m.
"Switzerland" [slides]

Sam Legg took these last summer while vacationing in that scenic and attractive country.

Saturday, January 20 - 7:15 p.m.
Women in Sports Adventures"

Lyn Brooks of Towson is a record-holding Triathlete and the only woman to finish in all of the Ironman World Championships.

MOVIES ON TUESDAYS AT SEVEN

1/2 COMBINATION PLATTER 1993 84 min.
A young illegal immigrant from Hong Kong toils in a Chinese restaurant and covets U.S. citizenship but is staggered to learn that this may mean marrying an American. A funny, involving glimpse of a painful predicament, done with charm and verisimilitude.

1/9 A LITTLE PRINCESS 1995 97 min.
A little jewel about a fanciful young girl whose father deposits her at a boarding school while he goes off to fight in WWI, unaware that the headmistress is a spiteful woman.

1/16 I LOVE TROUBLE 1994 123 min.
Rival Chicago newspaper reporters reluctantly join forces to investigate a mysterious train wreck and, naturally, fall in love. A bickering/bantering romantic comedy, with Olympia Dukakis.

1/23 DEATH ON THE NILE 1978 140 min.
An heiress is murdered on a honeymoon cruise up the Nile. Hercule Poirot (Peter Ustinov) is on hand to interrogate a shipload of suspects, played by Bette Davis, Angela Lansbury, Maggie Smith, and George Kennedy.

1/30 RAMBLING ROSE 1991 115 min.
Charmingly bucolic film about a free-spirited 19-year-old who goes to work for a wealthy Southern family and has a comically unsettling effect on all. Diane Ladd and Laura Dern were first mother-and-daughter Oscar nominees.

Let's Dance!

Big Bands of Yesteryear on Tape

Eddie Slaughter, Chairman

Dances will be held on the *second Monday of the month*, except when a live orchestra Dance/Party is scheduled. Come to the

First Dance of the New Year

Monday, January 8, 1996 at 7:00 o'clock
in the Lounge

Ol'timers, Newcomers, Spectators

Y'all come

Nothin' fancy, just fun!

M*S*S*H

Men's Saturday Social Hour

John De Hoff, Coordinator

January 6th -- 10 a.m. in the Lower Lounge
THE DEVELOPMENT OF
PEDIATRIC HOSPITALS IN BALTIMORE
Mel Spragins, M.D.

January 20th -- 10 a.m. in the Lower Lounge
PIPES! !
John Tapley

WEAR YOUR NAME TAG

Save February 3 and 17, March 2 and 16 for more

HALLOWELL/TAYLOR EVENTS

by Melissa Gibson, Activity Coordinator

Friday, January 12, 3:00 p.m. [Hallowell]
"Adventures East: A Taste of the Exotic"
photo essay on travel, photography, history,
geography, or culture. Greek ruins, gourmet
meals, holy places, musical shows, wonders
of the world (and man).

Monday, January 15, 3:00 p.m. [Stony Run 3]
Poetry and literature with David Foster

Thursday, January 18, 10:30 a.m. [Taylor]
Baltimore History with Donna Drigan

Friday, January 26, 3:00 p.m. [Hallowell]
Happy Hour with Jeanne Steele - a great
Broadway performer

CONCERTS IN THE LOUNGE

Residents Association Music Committee
Harry C. Jones, Chairman

Sunday, January 14, 1:45 p.m.
Bonnie Throm, cellist
with piano accompanist

Thursday, January 18, 7:00 p.m.
"Let's Sing!"

Sunday, January 28, 1:45 p.m.
John Goodell, pianist

Camera Club Meeting

Friday, January 12

10:30 a.m. in the Lower Lounge

Animal Pictures--a critique

All are welcome!

*Join the Club! Talk with Mary Beth Minden
or any other member about your interest.*

* * *

VESPERS

Sunday, January 21, 1996
4:30--5:00 p.m.

The Reverend J. Barney Hawkins, IV, Rector
Church of the Redeemer
Baltimore

In Memoriam

VIRGINIA COALE
May 24, 1909 - November 28, 1995

ANNA C. HOFFMAN
November 8, 1904 - December 4, 1995

ERIC JACOBSEN
July 4, 1902 - December 11, 1995

JOHN L. PARKER
September 6, 1913 - December 13, 1995

RUTH C. GERBIG
July 7, 1907 - December 15, 1995

ALICE E. MASON
October 28, 1903 - December 19, 1995

Whodunit?

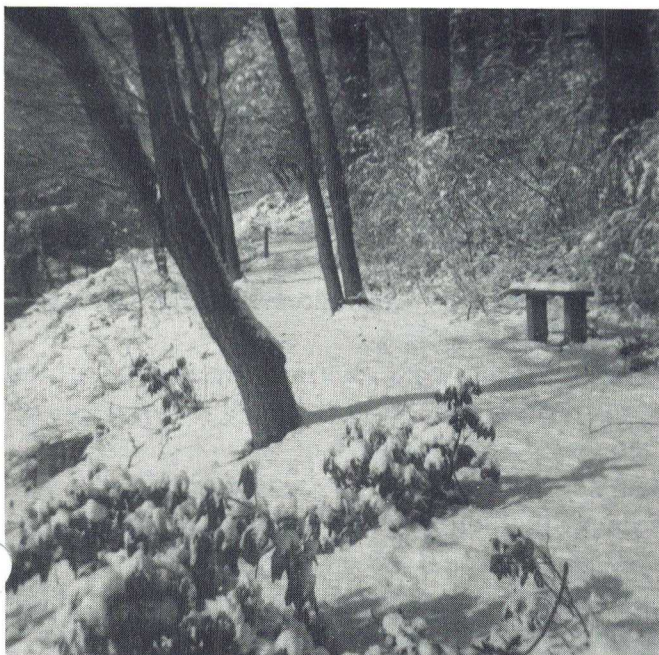
TWICE IN ONE WEEK a first great-grandchild was born into families of Broadmead residents. On October 20, **Harry J. Patton** achieved the status of "Great-GrandPawPaw" upon the birth in Salt Lake City of Victoria Scott Wardlow who weighed in at 6 lbs., 10 oz.

Seven days later, on October 27th, **George H. Sharpless** became a Great-Grandpa upon the birth of Nicholas E. Pindale, III who tipped the Sinai Hospital scales at 7 lbs. 3-1/2 oz.

HOOVER SCHOLARS. Western Maryland College has selected twelve students who join eight recipients named in 1994. Their average grade point average is 3.26 out of 4.0. They are majoring in biology, music, political science, psychology, and physics. The **Samuel** and **Elsie Hoover** grant is the largest endowed scholarship fund contributed to Western Maryland.

DEFENDING THE DUNES. Not before garnering many awards for conservation from national organizations, **Judy Johnson** arrived at Broadmead last June. She was recently honored for her success in preserving wildlife refuges and state parks and in saving Assateague Island from unwanted development. See the Baltimore *Sun* of November 3 for her picture and an account.

* * *



Safe Driving Habits

Even careful drivers deserve to be reminded from about minor rules of the road that make driving safer. Here are a few common sense tips:

1. Keep your windshield and rear window clean for better vision. Use window cleaner to remove hazy coating inside window surfaces.
2. Clean off all snow or ice from your car. Snow on the roof can slide down and cover your rear window.
3. Never leave your car unattended with its motor running, even with a parking brake on.
4. When loading or discharging passengers, always put the gear surely in "park" and keep your foot firmly on the brake. Better yet, turn off the engine when your friends want to talk.
5. Carry an extra key for door and ignition use in an emergency.
6. Turn on your headlights when using your windshield wipers.
7. Mind one-way traffic directions in the Administration Building lots, and avoid a head on collision.

* * *

Phyllis Tyler's Christmas Tree

Of all the Christmas trees you have known, which do you remember best?

My "best tree" was a leafless plum tree decorated with white paper flowers. We found it on our doorstep when we came back to Gaza from Jerusalem on the day after Christmas, 1975.

Our Palestinian Christian neighbor rushed toward us as I approached it. "Don't touch it, it's booby trapped!", he shouted. But it wasn't.

It was a holy tree--not a holly tree. It was put there for us by the Muslim teachers in the Quaker pre-schools we supervised in Gaza. Neither Christmas trees nor holly trees grow in Gaza, a place of freezing winter rain and cruel burning sun.

"How could anyone want this land?" we asked ourselves nearly every day, but we wept when it came time for us to leave it. We threw ourselves into the romantic delights of dangerous living, the pull of the Holy Land, the enchantment of Jewishness. Reality was harsh, always defeating of the overblown, the egotistical. But sometimes life was gentle, soft, and comforting. There were real villains and real saints and it was hard to tell the difference.

We've never had a Christmas tree in our house since Gaza. We can't find a bare plum tree and who would make us exquisite paper flowers to hang upon it if we could?

--John B. De Hoff, M.D.
 Health Care Education Subcommittee

OSTEOPOROSIS, and more . . .

Osteoporosis, a loss of bone marrow substance that accompanies advancing age, occurs more often in women than men. Losses are more frequent in the spine and hips in both men and women, and in forearms at the wrist in women.

A spongy center of bone is surrounded by a solid outer layer, the cortex. Osteoporotic bone is dangerously thin in all layers and subject to fracture by trivial trauma. Simple weight bearing can collapse spinal vertebrae, resulting in back pain or spinal deformity.

Correctable factors include a sedentary lifestyle and poor nutritional support. Heavy smoking and excess alcohol intake also can contribute to osteoporosis of aging. Several other causes of osteoporosis may require that physicians order consultations and extensive tests before a diagnosis can be confirmed.

Specific therapy of simple osteoporosis may warrant the use of hormones and other prescription drugs under close medical supervision. Graded exercises can help build muscular and bony strengths and are both protective and preventive. Frequent use of over-the-counter (OTC) remedies like complex high potency vitamins, calcium supplements, or pain relieving drugs may be expensive or can even have dangerous side effects.

Paget's disease of bone occurs more often in men than women. The cause of this disease is unknown but hereditary factors and even viral agents like measles or canine distemper are suspect.

Fibrous tissue replaces normal bone marrow in Paget's disease and a thicker, less rigid bony cortex is more brittle. Fractures are uncommon but bones thicken or bend resulting in postural changes. Dull back pain may radiate to the legs though many patients have no symptoms. Typical x-ray findings and a blood chemistry test help to confirm a diagnosis of Paget's disease.

Simple pain relievers like acetoaminophen or aspirin usually suffice. Complex new drugs are available but their uses are controversial.

ADVENTURES IN LEARNING by Dorothy Clapp, Chairman

The mid-winter series of *Adventures* will be four talks by Mary Franklin Shore Ditch, M.F.A., on "Westering: Literature of the American West." The readings and discussions will involve the concept of "Westering" and how it is represented from the early 1800's to the present. A reading list will be suggested but is not mandatory. The dates will be Wednesdays, February 21 and 28, March 6 and 13, with March 20 as a snow date.

Join the group as they stimulate their minds to combat winter's fatigue by exploring a special phase of our country's growth. Watch for fliers in boxes in January.

* * *

In the Eye of the Beholder by Sarah Cooper

Yesterday, we woke up to a whitened world. Snow covered the fire lane, three inches lay evenly piled on my birdbath. Today, when I look out over my patio, the sun shines brightly there. Across the road, the slope is green again on the upper level; touches of white remain on my level.

By the time this *Journal* comes out, we will have passed the winter solstice. Although the worst weather of the season is probably ahead of us, light hours have lengthened about two minutes a day. Have you noticed? That's approximately twenty-two more minutes of light added on in the evening, maybe twenty-four by tomorrow.

This extra daylight, however, does not promise warmth. We'll be shivering through March, no doubt, but we can find notable splendors even now. Look at the winter sky when you leave the Center after dark. Man may have walked on the moon, but that has not changed the gleam that illuminates it as we go home. The moon was full on December 24. There should be a last quarter moon shining tonight.

Even when the wind blows, Katisha reminds us in the *Mikado*, "there is beauty in the bellow of the blast." Perhaps we don't agree with that. We are already tired of wind and cold and ice, but we can be mollified by Koko's response, "There's beauty in extreme old age"

Yes, there is beauty in the winter sky, the wind that blows, and even old age. Who knows that better than we do?

Mrs. Wheeler on Welfare Reform

by Abraham Makofsky

On December 14, Camille Wheeler, Director of the Baltimore County Department of Social Services, addressed the Open Forum on "welfare reform." She began by testing the group on what she called the myths about public welfare. Some of her test questions were: What percentage of the Federal budget goes to Aid to Families with Dependent Children (AFDC)? [1.4%.] How many families receiving AFDC leave the program within one year? [Almost half.] On average, how many children are there in AFDC families? [Two.] Are most mothers on AFDC of African-American descent? [39% are people of color; 38% are white; 17% are Latin; the remainder are of various ethnic backgrounds.]

After noting how false are most of the stereotypes about people receiving help, the speaker turned to "welfare reform" as offered in the current legislation. A major feature is the "block grant," in which the Federal government will give a fixed amount to the states which will then decide how

they want to spend the money within the limits of regulations much more permissive than those in force up to this date. The essential thrust of the legislation is to abolish entitlement to AFDC. There will be a Federal cap on the amount to be given. This means that some families--even ones who meet eligibility standards--can be denied that assistance on the grounds that there is no money left to give them. Additionally, Medicaid funds, which have up to the present time supported health programs for poor children, will no longer be connected with the welfare allocation.

AFDC families with an employable mother--for instance, a mother whose children are more than one year old--must seek work and must find it within a two-year period or lose the assistance grant. Under almost any circumstances, assistance will not be continued beyond five years.

Mrs. Wheeler said that Maryland is making plans to adapt to the emphases of the national program. The major goal, as seen by these planners, is to "assist families to achieve self-sufficiency and family responsibility."



Open Forum

by Nydia Finch

On November 30, we welcomed back our speaker of last March, Dr. Daniel Thursz, former Dean of the University of Maryland's School of Social Work. He spoke on "Social Security, Medicare and Medicaid: Is the Safety Net Disappearing?" An avowed liberal, he attacked what he saw as seven prevailing myths:

No. 1 *Social Security Funds are in trouble*

Some changes are indeed called for, but these funds are basically secure because they are invested in good bonds at a high rate of interest.

No. 2 *We are overtaxed*

Except for Turkey, every other nation pays less than we do.

No. 3 *The Federal government is too large*

There is no evidence that the individual states will manage any better. There is the likelihood of unnecessary duplication. Also, there is a strong temptation for corruption on the local level. Standards would be relaxed.

No. 4 *Medicaid will act as a safety net*

Unless comprehensive health care is realized, these funds would be inadequate to help the poor.

No. 5 *Voluntary contributions will take up the slack. This is a dim hope, unsupported by the facts.*

No. 6 *Medicare Part B is in good shape*

The hospitalization part of Medicare is not financially secure. Of alternatives--i.e., managed care programs, some of them are good, some bad. The fear is that they will stress saving money over giving quality care.

No. 7 *The young resent programs that help the poor. Polls contradict this.*

In Dr. Thursz's opinion, entitlements enhance the quality of life. But programs for the poor are poor programs. We need to overcome our resistance to raising taxes when there is no humane alternative, because the current disparity between the rich and the poor in this country is widening ominously, bringing the possibility of growing social unrest. We must fight to retain the safety net!

VOICE of the RESIDENTS

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